



Rev'd Ali Oxborrow

Spiritual & Pastoral Care Coordinator

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(there is a computer available in the ward lounge
if you wish to use it to contact me)

spiritual
&
pastoral care



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welcome

Hello - my name is Ali. I am the Spiritual & Pastoral Care Coordinator at Springhill Hospice. My job title is a bit of a mouthful, but hopefully this leaflet will explain a little about what I do, in case I can be of help to you.



Spirituality is about how we make sense of the world, and about our sources of hope, strength and comfort. For some people spirituality is closely linked to religious belief, but for many

people it is not. Serious illness, whether our own or that of a loved one, shakes our world. It can cause us to ask some big questions, like 'Why is this happening to me?' or 'What does this mean for my life?' It can also cause some of us to question previously held beliefs, by which we have made sense of life.

Illness can be bewildering and disorientating. I am available to talk about anything that matters to you; that might be a question which is troubling you, changes to your beliefs, a loss of hope, or practical or relational problems. You can phone or email me, or ask one of the nursing team to help you contact me (my details are over the page).



faith

We hold a short reflective service in the Christian tradition (without singing) each day in the Chapel at 11:30am, Monday to Thursday.

If you belong to a community from any faith tradition and you have a local faith leader, they are very welcome to visit you. Alternatively, if you require assistance in making contact with a leader from your own faith tradition, I can help with that too.



spaces

Next to the Hospice Reception area there are two rooms: the Quiet Room & the Chapel. Both are quiet spaces for people to be still and reflect. Following the loss of a loved one, many people welcome the opportunity to express their love and loss through a symbolic act. In the Chapel you will find the memorial beach, to which you are invited to add a stone with the name of your loved one written on it.

For those who like to pray, there is a book in the Chapel in which short prayers can be written. There are also a variety of resources for different faiths in the small cupboard in the Quiet Room; please use anything that is helpful to you.

